**HOW WELL BEING AFFECTS RELATIONSHIPS**

People with healthy positive and supportive relationships are more likely to happier and healthier thus creating and mentaining good connections with others can help to combat loneliness and improve mental issues such as stress and anxiety.

They strengthen your immune system to allow you to live longer and make you more resilient to stress yet to the opposite is true that wellbeing strengthen relationships .there are factors that enhance wellbeing which includes

.1 Listen to each other and communicate without judgement.

2.Trust and respect each other

3Consistently make time for each other

4. Remember details about each others lives

5.Engage in healthy activities together.

On the other hand ,toxic relationship cause feelings of low self-worth and even suicide. But high levels of wellbeing are associated with decreased risk of disease illness and injury; better immune functioning speedier recovery and increased longevity. And such individuals of high levels of wellbeing is a positive outcome that is meaningful for people and many sectors of society because it tells us that people perceive their lives are going well. Good living conditions eg,housing ,employment,are all the fundamental to wellbeing.

Tracking these conditions is important for public policy, And how many indicators that measure living conditions fails to measure what people think and feel about abut their lives such a quality for their relationship, their positive emotions and resilience ,on realization of their potential or their overall satisfaction with life .Wellbeing generally includes global judgement of lifes satisfaction and feelings ranging from depression to joy.

The wellbeing is therefore useful for the public health as it

1.Intergrates mental health and physical health resulting in more holistic approaches to disease prevention and health promotion.

2 .Wellbeing is a valid population outcome measure beyond morbidity ,mortality and economic status that tells us how people perceive their life is going from their own public.

3. Wellbeing is an outcome that is meaningful to public

4. Advances in psychology, neuroscience and measurement theory that suggest that wellbeing can be measured with some degree of accurancy.

5. The results from cross-sectional longitudinal and experiment studies finds find wellbeing is associated with;

Self-perceived health

Longevity

Healthy behaviors

Mental and physical illness

Social connectedness

Productivity

Factors in the physical and social environment

Wellbeing can provide a common metric that can help policy makers shape and compare the effects of different policies eg.greenspaces might impact wellbeing more so than commercial development of an area. Measuring, tracking and promoting wellbeing can be useful for multiple stakeholders involve in disease prevention and health promotion.

Therefore wellbeing in a relationship is defined as agreement that at mimimum includes the presence of positive emotions and moods eg.contentment happiness and the absence of negative emotions eg depressions and anxiety .Satisfaction with life fulfillment and positive functioning.

Different types of wellbeing

1 Physical wellbeing

2. Economic well being

3. Social well being

4. Development and activity

5. Emotional wellbeing

6. Psychological wellbeing

7.Life satisfaction

Wellbeing has benefits for health of strong relationship

These benefits includes social connections and good mental health which are numerous thus strong healthy relationship strengthen your immune system thus help you recover from disease and may even longthen your life.

While loneliness can lead to disrupted sleep patterns elevated blood pressure and increased cortisol ,eg a stress hormone

That can affect your immune system and your decrease your overall sense of contentment .Loneliness is a risk factor for antisocial behavior and depression and suicide.

We can impact other peoples wellbeing positively by ;kindness or doing good , often means putting others peoples needs before our own.it could be by giving up our seat on a bus to someone who might need it more or offering to make a cup of tea for someone at work.The evidence shows that helping others can also be beneficial to mental health and wellbeing.

Some types of relationships contributes to detrimental of wellbeing

They have the following characters of unhealthy relationship includes

1control

2Hostility

3Dishonesty

4Dependence

5Intimidation

6Disrespect

7Physical violence

8Sexual violence

Therefore negative emotions affect relations

Good relationships that enhance wellbeing are contributed by the following factors

Trust and respect each other

Consistently make time for each other

Be disciplined

Listen to each other and communicate without judgment

Avoid focusing on what want about what they want to get from other person but intead focus on how the relationship can be mutual beneficial.